VISIT…

Annie's™
Knitting

Easy Step-by-Step Instructions

i can KNiT™

by Edie Eckman

10 FUN PROJECTS

121080

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KNITTING NEEDLES

You'll need a few tools to get started. Knitting needles come in a range of sizes and materials. Needles may also be straight, circular or double-point. In this book, you will be using needle sizes 7, 8 or 9 (4.5mm, 5mm or 5.5mm), and you'll start with straight needles. Later in the book, you'll have a chance to experiment with circular and double-point needles.

In addition to yarn and needles, you will also need scissors, a blunt tapestry needle and a ruler or tape measure.

HOW TO USE THIS BOOK

Start each lesson by casting on a few stitches and following the instructions at the beginning of the lesson. When you are comfortable with the new technique, try making the project at the end of the lesson.

HOLDING THE YARN

Knitters have the option of holding their working yarn in either their right or left hand. Experiment to see which you prefer. (All instructional photos show the yarn being held in the hand that is also holding the working needle.)

Like playing a musical instrument, knitting uses both hands equally. If you are left-handed, start by following the right-handed directions of using the right-hand needle to knit the stitches from the left-hand needle. You may find it easier to hold the yarn with your left hand. Because all knitting instructions are written for knitting from the left-hand needle onto the right-hand needle, it is best if you learn this way. The awkwardness you feel is a natural part of learning to knit and not because you are left-handed, so don't give up too easily. However, if after many hours of practice, you find it too difficult to knit this way, we have provided instructions for knitting from the right-hand needle onto the left-hand needle.

CONTROLLING TENSION

There are several different ways to maintain tension on the yarn, and different people prefer different methods. What is important is that you find a way that is comfortable for you. Here are a few of the ways you might try.

You may feel awkward at first, but you'll catch on with a little bit of practice. ●

Lesson 1
Making a Slip Knot

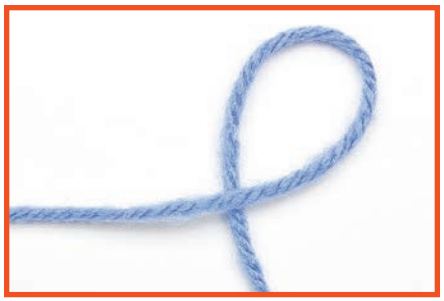
TO BEGIN

The first thing you do when you start a knitting project is make a slip knot. It attaches the yarn to the needle and creates your first stitch.

Most patterns will not tell you to make a slip knot because it is done every time you start.

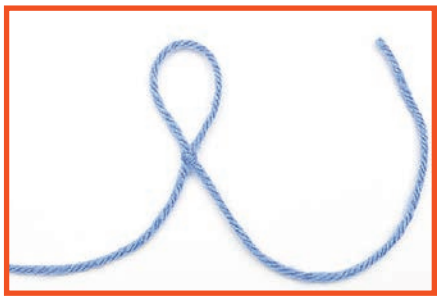
To make a slip knot:

Step 1: Make a loop in the yarn.



Step 2: Reach through the loop, pick up the strand; holding both ends of the yarn, pull the strand through the loop to create a new loop.

You now have a slip knot.



Step 3: Put this new loop on the needle and pull the end of the yarn that is attached to the ball of yarn just a little to tighten the knot.

If you pull too hard, the slip knot will be too tight and it will be difficult to knit into it.

You can tell if the knot is tied correctly by pulling on the ends. When you pull on the short end, the loop should get larger. When you pull on the long end, the loop should get smaller.

You want the loop to be large enough so the end of the needle will go through it easily without getting caught.

Practice tying a slip knot before moving on to the next step. ●

Lesson 2
Casting On

NEW TERMS & ABBREVIATIONS

Cast on: putting stitches on the needle

The first thing you have to do is get some stitches on your needle—this is called casting on.

There are many ways to cast on; this is just one of them. It's called a cable cast-on. If someone else shows you a way you like better, use that one.

RIGHT-HAND INSTRUCTIONS

Step 1: Start by putting a slip knot on one needle.

Step 2: Holding the needle with the stitch on it with your left hand and the empty needle with your right hand, insert the tip of the right-hand needle into the stitch from left to right as shown in the picture. Make sure the right-hand needle goes behind the left-hand one.

Step 3: Wrap the yarn around the right-hand needle counterclockwise. Be sure to use the end that is attached to the ball—not the short end.

Step 4: Holding the yarn so that it doesn't fall off the needle, pull the tip of the right-hand needle back out through the left-hand stitch, then pull it some more until you have a long loop.

Step 5: Insert the left-hand needle into the front of the loop, then pull the right-hand needle out, leaving the stitch on the left-hand needle. Pull the yarn so that it snugs up next to the first stitch. Don't pull too tight or you won't be able to get your needle in for the next stitch.

You've just cast on your first stitch! You now have two stitches on the needle.

Step 6: Insert the right-hand needle from front to back between the last stitch just placed on the left-hand needle and the one before it.

Step 7: Wrap the yarn around the right-hand needle counterclockwise, then holding the yarn so that it does not fall off the needle, pull the tip of the right-hand needle back out between the stitches. Place this new loop in the left- hand needle. Repeat Steps 6 and 7 until you have several stitches on the left-hand needle. Eight stitches is a good number to practice with.

There is a right side and a wrong side to the cast-on. Can you see that there is a smooth surface facing you and a bumpy surface on the other side of the needle? The smooth side is the right side of the cast-on and the bumpy side is the wrong side.

LEFT-HAND INSTRUCTIONS

Step 1: Start by putting a slip knot on one needle.

Step 2: Holding the needle with the stitch on it with your right hand and the empty needle with your left hand, insert the tip of the left-hand needle into the stitch on the right-hand needle, from right to left as shown in the picture. Make sure the left-hand needle goes behind the right-hand one.

Step 3: Wrap the yarn around the left-hand needle clockwise. Be sure to use the end that is attached to the ball—not the short end.

Step 4: Holding the yarn so that it doesn't fall off the needle, pull the tip of the left-hand needle back out through the right-hand stitch; then pull it some more until you have a long loop.

Step 5: Insert the right-hand needle into the front of the loop, then pull the left-hand needle out, leaving the stitch on the right-hand needle. Pull the yarn so that it snugs up next to the first stitch. Don't pull too tight or you won't be able to get your needle in for the next stitch.

You've just cast on your first stitch! You now have two stitches on the needle.

Step 6: Insert the left-hand needle from front to back between the last stitch just placed on the right-hand needle and the one before it.

Step 7: Wrap the yarn around the left-hand needle clockwise, then holding the yarn so that it does not fall off the needle, pull the tip of the left-hand needle back out between the stitches. Place this new loop in the right-hand needle. Repeat Steps 6 and 7 until you have several stitches on the right-hand needle. Eight stitches is a good number to practice with.

There is a right side and a wrong side to the cast-on. Can you see that there is a smooth surface facing you and a bumpy surface on the other side of the needle? The smooth side is the right side of the cast-on and the bumpy side is the wrong side.

Lesson 3
The Knit Stitch

NEW TERMS & ABBREVIATIONS

Bind-off: securing stitches when finishing the knitted fabric

Garter stitch: fabric made by knitting every row

K: knit

St or sts: stitch or stitches

MC (main color): the color you choose to have the most of in a project

CC (contrasting color): the color that you choose to use as an accent in a project

Tog: together

NOW LET'S KNIT!

RIGHT-HAND INSTRUCTIONS

Step 1: Hold the needle with the stitches in your left hand, and insert the right-hand needle into front of the first stitch from left to right. Make sure the tip of the needle goes all the way into the stitch until the thickest part of the two needles cross.

Step 2: With the yarn coming from the back of the work, wrap the yarn counterclockwise around the right-hand needle; pull the needle back out through the stitch, making a loop on the right-hand needle.

Step 3: Keeping the yarn around the right-hand needle, slide the stitch off the left-hand needle.

You've knit a stitch!

You now have one stitch on your right-hand needle and the remaining stitches on your left-hand needle.

Step 4: Repeat Steps 1–3 until you have knit all the stitches across the row.

Step 5: Turn the needle with the stitches around and put it into your left hand. You are now ready to knit the next row.

Practice Steps 1–5 until you are comfortable with the knit stitch.

Knitting every row makes a garter-stitch fabric.

LEFT-HAND INSTRUCTIONS

Step 1: Hold the needle with the stitches in your right hand, and insert the left-hand needle into the front of the first stitch from right to left. Make sure the tip of the needle goes all the way into the stitch until the thickest part of the two needles cross.

Step 2: With the yarn coming from the back of the work, wrap the yarn clockwise around the left-hand needle; pull the needle back out through the stitch, making a loop on the left-hand needle.

Step 3: Keeping the yarn around the left-hand needle, slide the stitch off the right-hand needle.

You've knit a stitch!

You now have one stitch on your left-hand needle and the remaining stitches on your right-hand needle.

Step 4: Repeat Steps 1–3 until you have knit all the stitches across the row.

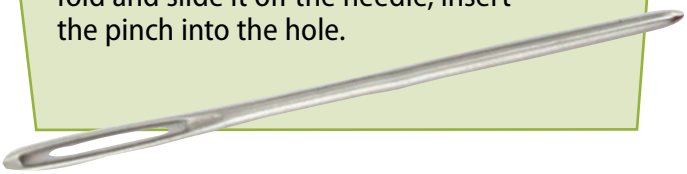
Step 5: Turn the needle with the stitches around and put it into your right hand. You are now ready to knit the next row.

Practice Steps 1–5 until you are comfortable with the knit stitch.

Knitting every row makes a garter-stitch fabric. ●

tip

You will need a large tapestry needle for sewing pieces together. This kind of needle has a blunt tip and a large eye so thick yarns will fit through it. To thread a tapestry needle, fold the yarn over the needle. Pinch the fold and slide it off the needle, insert the pinch into the hole.



Lesson 4
Binding Off

RIGHT-HAND INSTRUCTIONS

When your knitted fabric is as long as you want it to be, you need to get the stitches off the needle and secure them so that they don't unravel. This is called binding off.

Step 1: Knit the first two stitches of the row.

Step 2: Insert the left-hand needle into the stitch on the right-hand needle that is farthest from the tip.

Step 3: Lift this stitch over the stitch to its left.

Step 4: Knit another stitch—you now have two stitches on the right-hand needle again.

Step 5: Repeat Steps 2–4 until just one stitch remains and is on the right-hand needle.

Step 6: Cut the yarn about 6 inches from the needle. Pull the end of the yarn through the last stitch.

Step 7: Make your work neat by weaving the end of the yarn through the back of the fabric.

Do the same thing with the tail of yarn left at the beginning of the knitting.

LEFT-HAND INSTRUCTIONS

When your knitted fabric is as long as you want it to be, you need to get the stitches off the needle and secure them so that they don't unravel. This is called binding off.

Step 1: Knit the first two stitches of the row.

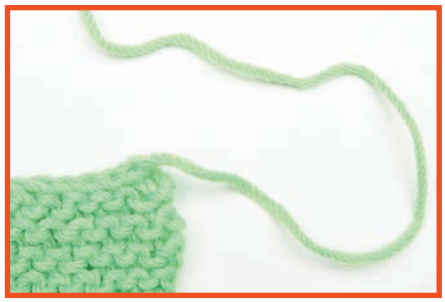
Step 2: Insert the right-hand needle into the stitch on the left-hand needle that is farthest from the tip.

Step 3: Lift this stitch over the stitch to its right.

Step 4: Knit another stitch—you now have two stitches on the left-hand needle again.

Step 5: Repeat Steps 2–4 until just one stitch remains and is on the left-hand needle.

Step 6: Cut the yarn about 6 inches from the needle. Pull the end of the yarn through the last stitch.



Step 7: To make your work neat, weave the end of the yarn through the back of the fabric.

Do the same thing with the tail of yarn left at the beginning of the knitting. ●

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Headband

You will need size 8 knitting needles and worsted-weight yarn. Our headband was made with Premier Yarns Deborah Norville Everyday Soft Worsted in Azure.

INSTRUCTIONS

Cast on 10 sts.

Knit every row until the band fits around your head when it is slightly stretched. It will probably be about 14 inches long.

Bind off and cut yarn, leaving a 10-inch tail.

Use the tail to sew the ends of the band together.

Weave in ends. ●

Fingerless Mitts

You will need size 8 knitting needles and worsted-weight yarn. Our fingerless mitts were made with Red Heart Soft Yarn in Lilac (MC) and Grape (CC).

INSTRUCTIONS

With CC, cast on 23 sts, leaving a 12-inch tail.

Knit 2 rows.

Change to MC and knit all rows until piece measures 4 inches, ending when the cast-on yarn tail is at the left (or at the right if knitting left-handed).

Change to CC and knit 2 rows. Bind off and cut yarn, leaving a 12-inch tail.

Fold piece in half. Using the yarn tails, sew side seam, leaving an opening for your thumb.

Make a second mitt to match. ●

Lesson 5
Increasing & Decreasing

NEW TERMS & ABBREVIATIONS

Dec: decrease

Inc: increase

K1: knit one stitch (a "k" followed by a number means that you should knit that number of stitches)

Knit front and back (kfb): a type of increase

Knit two stitches together (k2tog): a type of decrease

Slip (sl): Transfer a stitch from one needle to the other without knitting or purling it. To slip a stitch purlwise, insert the working needle into the stitch as though you were going to purl the stitch. To slip a stitch knitwise, insert the working needle into the stitch as though you were going to knit the stitch.

Slip, Slip, Knit (ssk): a type of decrease

Rep: repeat

Now that you can knit, you can learn to shape things by increasing and decreasing.

INCREASING

One way to increase is to turn one stitch into two stitches. The increase shown here is called a "knit front and back (kfb)" increase.

RIGHT-HAND INSTRUCTIONS

Step 1: Insert the right-hand needle into the front of stitch you want to make the increase in, wrap the yarn, and pull the needle back through, but don't slip the stitch off the left-hand needle.

Step 2: With the stitch still on both needles, insert the tip of the right-hand needle from right to left into the back of the stitch on the left-hand needle.

Step 3: Wrap the yarn around the right-hand needle again, and pull the needle back through.

You now have two loops on the right-hand needle.

Step 4: Slide the stitches off the left-hand needle.

LEFT-HAND INSTRUCTIONS

Step 1: Insert the left-hand needle into the front of the stitch you want to make the increase in, wrap the yarn, and pull the needle back through, but don't slip the stitch off the right-hand needle.

Step 2: With the stitch still on both needles, insert the tip of the left-hand needle from right to left into the back of the stitch on the right-hand needle.

Step 3: Wrap the yarn around the left-hand needle again, and pull the needle back through.

You now have two loops on the left-hand needle.

Step 4: Slide the stitches off the right-hand needle

KNIT TWO TOGETHER DECREASING

To decrease a stitch, you must turn two stitches into one stitch. The decrease shown here is called a "knit two together" (k2tog) and it makes a decrease that leans to the right if using the right-hand method and to the left if using the left-hand method.

RIGHT-HAND INSTRUCTIONS

Step 1: Insert the right-hand needle from left to right into both of the next two stitches on the left-hand needle.

Step 2: Wrap the yarn and pull it through both stitches at the same time.

Step 3: Slide the stitches off the left-hand needle.

LEFT-HAND INSTRUCTIONS

Step 1: Insert the left-hand needle from right to left into both of the next two stitches on the right-hand needle.

Step 2: Wrap the yarn and pull it through both stitches at the same time.

Step 3: Slide the stitches off the right-hand needle.

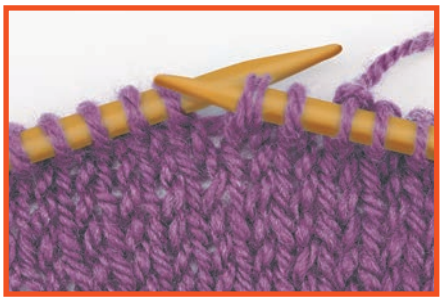
SLIP, SLIP, KNIT DECREASING

The decrease shown here is called "slip, slip, knit" (ssk) and it makes a decrease that leans to the left if using the right-hand method and to the right if using the left-hand method.

RIGHT-HAND INSTRUCTIONS

Step 1: Slip the first stitch on the left needle onto the right needle as if you were going to knit it.

Step 2: Slip the next stitch on the left needle onto the right needle as if you were going to knit it.

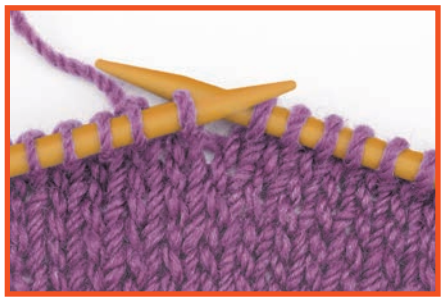


Step 3: Insert the tip of the left needle in the front through both slipped stitches

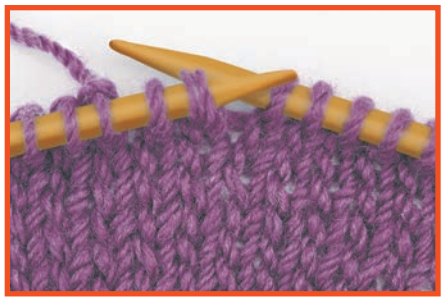
Step 4: Knit these two stitches together.

LEFT-HAND INSTRUCTIONS

Step 1: Slip the first stitch on the right needle onto the left needle as if you were going to knit it.



Step 2: Slip the next stitch on the right needle onto the left needle as if you were going to knit it.



Step 3: Insert the tip of the right needle in the front through both slipped stitches.

Step 4: Knit these two stitches together. ●

Tech Tote

You can make this little bag in any size to fit your electronic devices. You may want to make the bag a tiny bit long and sew a snap at the top when you are finished.

You will need size 8 knitting needles and worsted-weight yarn. Our project was completed with Annie's Choice yarn in Jewel Tones.

INSTRUCTIONS

Cast on 3 sts, leaving an 8-inch tail.

Row 1: Knit across.

Row 2 (inc): Kfb in the first st, then knit to the end of the row; there are now 4 sts on your needle.

Rep Row 2 until there are 17 sts on the needle, or until one side of your triangle measures about 2½ inches or desired width.

Next row: Kfb in first st, knit to last 2 sts, k2tog; there are still 17 sts on your needle.

Next row: Knit across.

Rep these last two rows until the longest side of your rectangle measures 9 inches, or twice the desired length.

Next row (dec): K2tog, then knit to end of row; there are now 16 sts on your needle.

Rep this row until there are 3 sts on the needle.

Wrist Strap

Leaving those 3 sts on the needle, cast on 25 more sts; there are now 28 sts on your needle.

Knit 1 row.

Bind off, leaving a 12-inch tail.

Fold strap in half and use yarn tail to sew end of strap to corner of tote, then fold tote in half and use same yarn tail to sew side seam.

Use cast-on yarn tail to sew other side seam.

If desired, sew a snap to top opening.

Lesson 6
Purl Stitch

NEW TERMS & ABBREVIATIONS

P: purl

Stockinette stitch (St st): smooth fabric made by knitting one row and purling one row

Reverse stockinette stitch (rev St st): same as stockinette stitch, but using the purled (bumpy) side of the fabric as the right side

Right side (RS): the side of the fabric that you choose to make the outside of your project

Wrong side (WS): the side of the fabric that you choose to make the inside of your project

RIGHT-HAND INSTRUCTIONS

Step 1: Hold the needle with stitches in your left hand and insert the right-hand needle into the first stitch from right to left.

Step 2: With the yarn coming from the front of the work, wrap the yarn around the right-hand needle counterclockwise.

Step 3: Pull the needle back out through the stitch, making a loop on the right-hand needle.

Step 4: Keeping the yarn around the right-hand needle, slide the stitch off the left-hand needle.

You've purled a stitch!

Step 5: Repeat Steps 1–4 until you have purled all the stitches across the row.

Step 6: Turn the needle with the stitches around and put it into your left hand. You are now ready to work the next row.

If you knit the next row and purl the following row, you'll see you are making a fabric with a smooth side and a bumpy side. This is the most common knit fabric and is called "stockinette stitch."

Stockinette stitch is made by alternating a row of knit and a row of purl stitches. Usually the smooth side of the fabric is considered the right side—the side that will be on the outside when it is worn or used. But you can decide to use the smooth side as the wrong side—the inside—if you prefer. When the bumpy (purl) side of the fabric is used as the right side, it's called "reverse stockinette stitch."

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LEFT-HAND INSTRUCTIONS

Step 1: Hold the needle with stitches in your right hand and insert the left-hand needle into the first stitch from left to right.

Step 2: With the yarn coming from the front of the work, wrap the yarn around the left-hand needle clockwise.

Step 3: Pull the needle back out through the stitch, making a loop on the left-hand needle.

Step 4: Keeping the yarn around the left-hand needle, slide the stitch off the right-hand needle.

You've purled a stitch!

Step 5: Repeat Steps 1–4 until you have purled all the stitches across the row.

Step 6: Turn the needle with the stitches around and put it into your right hand. You are now ready to work the next row.

If you knit the next row and purl the following row, you'll see you are making a fabric with a smooth side and a bumpy side. This is the most common knit fabric and is called "stockinette stitch."

Stockinette stitch is made by alternating a row of knit and a row of purl stitches. Usually the smooth side of the fabric is considered the right side—the side that will be on the outside when it is worn or used. But you can decide to use the smooth side as the wrong side—the inside—if you prefer. When the bumpy (purl) side of the fabric is used as the right side, it's called "reverse stockinette stitch." ●

Bracelets

You will need size 8 knitting needles, worsted-weight yarn and beads. Our projects were completed using Annie's Choice yarn in Jewel Tones and Teal.

INSTRUCTIONS

Cast on 30 sts.

Work 8 rows in St st (knit 1 row, purl 1 row).

Bind off loosely, allowing fabric to roll.

Sew short ends of piece tog and weave in ends.

If desired, thread a tapestry needle with a 12-inch strand of yarn; run needle through one edge of bracelet leaving equal 6-inch strands dangling. Thread 4 or 5 beads onto each end, tying a double knot next to the last bead to secure. Trim ends.

If desired, make more bracelets in different colors. ●

HERE'S A LITTLE POEM TO HELP YOU REMEMBER THE KNIT STITCH:

In through the front door, [right-handers: insert right-hand needle into stitch on left needle; left-handers: insert left-hand needle into stitch on right needle]

Once around the back, [wrap yarn around needle]

Peek through the window, [pull stitch through]

Off jumps Jack. [right-handers: slide stitch off left needle; left-handers: slide stitch off right needle]

HERE'S A LITTLE POEM TO HELP YOU REMEMBER THE PURL STITCH:

Under the fence, [right-handers: insert right-hand needle into stitch on left needle; left-handers: insert left-hand needle into stitch on right needle]

Catch the sheep, [wrap yarn around needle]

Back we come, [pull stitch through]

Off we leap. [right-handers: slide stitch off left needle; left-handers: slide stitch off right needle] ●

Lesson 7
Ribbing

NEW TERMS & ABBREVIATIONS

Ribbing: a combination of knit and purl stitches on the same row that makes the fabric pull in and/or keeps it from rolling

[ ]: Do instructions within brackets as many times as directed.

Now that you know stockinette stitch can roll, you are probably wondering what you can do to make it lie flat. One option is to work ribbed fabric.

Ribbing is a popular stitch that lies flat and sometimes pulls in the fabric. You'll see ribbing on socks, sweaters, mitten cuffs, hats—anywhere the knitting needs to be snug and stay put.

The good news is that you already know the basics of ribbing: the knit and purl stitches. Here's how to make K1, P1 Rib, also known as 1 x 1 Rib:

Step 1: Start with an even number of stitches on the needle.

Step 2: Knit one stitch.

Step 3: Bring the yarn between the needles from back to front.

Step 4: Purl one stitch.

Step 5: Bring the yarn back between the needles from front to back.

Step 6: Repeat Steps 2–5 across the row. If you started with an even number of stitches, the last stitch you work will be a purl stitch. Turn the work at the end of the row.

Step 7: Continue working Steps 2–6 until you have worked as many rows of ribbing as you want. After you have worked several rows, you will notice that ribbed fabric is reversible and that the knit stitches are making smooth little columns on each side with the purl stitches receding between them. ●

Shoulder Bag

You will need size 8 knitting needles and 2 colors of worsted-weight yarn. Our shoulder bag was made with Annie's Choice in Jewel Tones (MC) and Teal (CC).

INSTRUCTIONS

With CC, cast on 28 sts.

Row 1: [K1, p1] 14 times.

Rep Row 1 until piece measures 1 inch.

Cut CC, leaving a 6-inch tail.

Change to MC; work in St st (knit 1 row, purl 1 row) until piece measures 11 inches.

Cut MC, leaving a 6-inch tail.

Change to CC and work K1, P1 Rib as before until piece measures 12 inches.

Cut CC, leaving a 6-inch tail.

Fold piece in half so that the 2 ribbed sections meet. Sew side seams.

Weave in ends on WS.

Holding 3 strands of yarn together, make a Twisted Cord.

Sew each end of Twisted Cord along edge of bag, allowing tassels to hang free.

TWISTED CORD

Step 1: Cut desired number of strands of yarn at least three times the desired finished length. Tie an overhand knot in each end.

Step 2: Have a helper hold one end, and twist yarn until it is tight. Be careful to keep some tension on it and hold on! It will want to jump out of your hands and kink up.

Step 3: Pinch yarn at the halfway point and fold it so the knotted ends are together.

Step 4: Let go of the center and allow the cord to twist on itself.

Step 5: Tie a new overhand knot 2–3 inches from the knotted ends, using all strands together.

Step 6: Cut off first two knots and shake out ends to form a tassel.

Step 7: Tie a matching knot at other end and cut the fold of yarn, allowing the ends to unravel to form a tassel at that end.

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Lesson 8
Yarn Overs

NEW TERMS & ABBREVIATIONS
Yo: yarn over

A yarn over is a technique that makes a hole in the fabric—on purpose! You can use a yarn over as an increase, as a decoration or as a buttonhole.

To make a yarn over as an increase:

RIGHT-HAND INSTRUCTIONS

Step 1: Knit to the place where you want the hole to be.

Step 2: Without putting the right-hand needle into the next stitch, wrap the yarn around the right-hand needle.

Step 3: Knit the next stitch in the usual way.

Step 4: Knit across the row.

Step 5: On the way back on the next row, when you come to the yarn over, just knit or purl into it as you have been doing on the rest of the row.

To make a yarn over as a decorative hole or a buttonhole, knit the two stitches after the yarn over together, using the k2tog you learned in Lesson 5.

LEFT-HAND INSTRUCTIONS

Step 1: Knit to the place where you want the hole to be.

Step 2: Without putting the left-hand needle into the next stitch, wrap the yarn around the left-hand needle.

Step 3: Knit the next stitch in the usual way.

Step 4: Knit across the row.

Step 5: On the way back on the next row, when you come to the yarn over, just knit or purl into it as you have been doing on the rest of the row.

To make a yarn over as a decorative hole or a buttonhole, knit the two stitches after the yarn over together, using the k2tog you learned in Lesson 5.

Scarf

You will need size 8 knitting needles and 2 colors of worsted-weight yarn. Our scarf was made with Red Heart Soft Yarn in Lilac (MC) and Grape (CC).

INSTRUCTIONS

With MC, cast on 21 sts. You may want to mark the right side of the cast-on to help you remember the row on which you work your yarn-over eyelets.

Knit 4 rows.

Eyelet row (RS): K3, yo, k2tog, [k5, yo, k2tog] twice, k2.

Knit 3 rows.

Repeat these 8 rows until scarf measures 48 inches.

Bind off.

Weave in ends.

Cords

Cut 9 strands of CC, each 6 yards long.

Holding 3 strands together for each cord, make three Twisted Cords as explained on page 17.

Weave cord through a vertical row of eyelets.

Retie knots and trim ends to form tassels. ●

Lesson 9
Gauge

NEW TERMS & ABBREVIATIONS
Gauge: the number of stitches and rows per inch

So far we haven't worried much about the measurements or size of what we're knitting because we have just worked until the fabric was long enough, but if you want to make something that fits, you have to know about gauge.

Gauge is the number of stitches and rows you have in each inch of your knitted fabric. It is a very important measurement, because if your gauge does not match the gauge given in the pattern instructions, your garment will not fit.

The gauge of your fabric depends on many things: how tightly you hold the yarn when you make a stitch, the size yarn and needles you use and which pattern stitch you are working. It may be different for each person—your best friend might get a different gauge, even if she uses the same yarn and needles! You may also find that your gauge changes as you become more comfortable with knitting.

When talking about gauge, most pattern instructions will probably look something like this:

Gauge: 20 sts and 28 rows = 4 inches in St st (stockinette stitch).

This is the same as saying 5 stitches and 7 rows = 1 inch (because 20 stitches ÷ 4 inches = 5). Measuring gauge over just one inch is not very accurate, so we measure over a wider distance.

This means that when you work in stockinette stitch, you should be getting 20 stitches over 4 inches when you measure sideways, and 28 rows over 4 inches when you measure up and down.

If the pattern says,

"Gauge: 18 sts and 36 rows = 4 inches in garter st," you need to measure your gauge in garter stitch. Remember that every ridge in garter stitch is two rows.

The fabric for each pattern you knit will have a different gauge, so you must make a separate gauge swatch before beginning each new project.

Hint: Practice measuring the gauge on the projects you have already made.

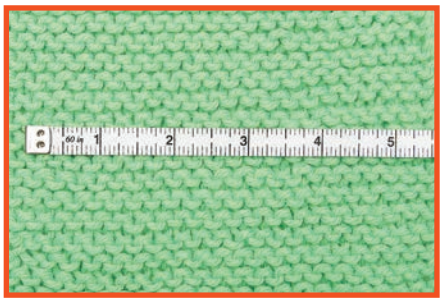
To make a gauge swatch:

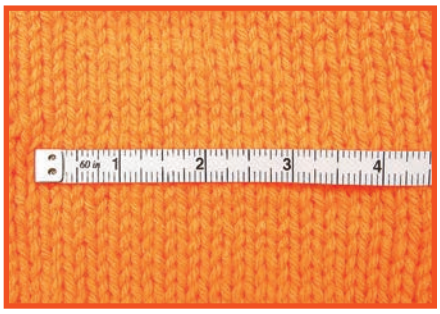
Step 1: Cast on 24 stitches with the yarn and needles you want to use for your project.

Step 2: Work in garter stitch or stockinette stitch (whichever one the pattern calls for) for about 5 inches. Bind off loosely.

Step 3: Put the swatch on a table and pat it gently with your hand to flatten it. Don't pull or tug the edges.

Step 4: With a ruler or tape measure, measure 4 inches in the middle of the swatch, straight across from side to side. Without moving the ruler, count the number of stitches in these 4 inches.

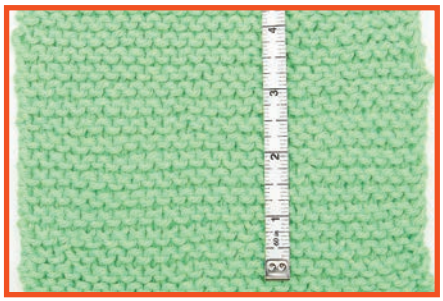




Step 5: If you have too many stitches, make another swatch using a bigger needle.

Step 6: If you have too few stitches, make another swatch using a smaller needle.

Step 7: Use the same method for measuring your row gauge. Pay special attention when counting your rows in garter stitch: it takes two rows of knitting to make one ridge.



Step 8: Keep making swatches until your gauge matches the one in the instructions.

It can be hard to have the patience to work a gauge swatch when you want to get started with your project, but it will save time later if you take the time at the beginning to get the correct gauge!

Doll Vest

Make a vest for your favorite 18-inch doll. Once you've practiced making a garment, you can move on to making a matching vest for yourself!

SKILL LEVEL
Easy

MATERIALS
- Patons Canadiana (worsted weight; 100% acrylic; 205 yds/100g per ball): 1 ball grape jelly #10307
- Size 8 (5mm) needles or size needed to obtain gauge
- Blunt tapestry needle
- 1 (½-inch) button

GAUGE
18 sts and 24 rows = 4 inches/10cm in St st.

To save time, take time to check gauge.

PATTERN NOTE
If using the left-handed method of knitting (working from the right-hand needle onto the left-hand needle), your fronts will be reversed; the instructions for the right front will make the left front and vice versa. When working the bands, you will be working the right front band (buttonhole band) immediately following the neck band and the button band last. For buttonhole row, knit to last 4 stitches, work buttonhole, then knit last 2 stitches.

BACK
Cast on 32 sts.

Row 1: [K1, p1] 16 times across row.

Row 2: Rep Row 1.

Change to St st (knit 1 row, purl 1 row) and work until piece measures 3 inches, ending by working a WS (purl) row.

Shape Armholes
Row 1 (RS): Bind off 5 sts, knit to end—27 sts remain.

Row 2: Bind off 5 sts, purl to end—22 sts remain.

Work in St st until armholes measure 3 inches.

Bind off.

LEFT FRONT
Cast on 16 sts.

Work as for back until piece measures 3 inches, ending by working a WS row.

Shape Armhole
Row 1 (RS): Bind off 5 sts, knit to end—11 sts remain.

Row 2 (WS): Purl.

Work in St st until armhole measures 2 inches, ending by working a RS (knit) row.

Shape Neck
Row 1 (WS): Bind off 5 sts, knit to end—6 sts remain.

Row 2: Purl.

Row 3: K1, ssk, knit to end—5 sts remain.

Row 4: Purl.

Work even in St st until piece measures same as back.

Bind off.

RIGHT FRONT
Cast on 16 sts.

Work as for back until piece measures 3 inches, ending by working a RS row.

Shape Armhole
Row 1 (WS): Bind off 5 sts, purl to end—11 sts remain.

Row 2 (RS): Knit.

Work even in St st until armhole measures 2 inches, ending by working a WS row.

Shape Neck

Row 1 (RS): Bind off 5 sts, purl to end—6 sts remain.

Row 2: K3, k2tog, k1—5 sts remain.

Row 3: Purl.

Work even in St st until piece measures same as back.

Bind off.

FINISHING

Matching 5 front and back shoulder sts at armhole edge, sew both shoulder seams, leaving the 12 sts at center back for back-neck opening.

Neck Band

With RS facing, pick up and knit 30 sts around neck.

Knit 1 row.

Bind off, leaving the last st on the needle.

Left Front Band

Pick up and knit 20 sts along left front edge. You now have 21 sts on your needle.

Knit 3 rows.

Bind off.

Right Front Band

With RS facing, pick up and knit 21 sts along right front edge.

Buttonhole row (WS): K2, yo, k2tog, knit to end.

Knit 2 rows.

Bind off.

Armhole Bands

With RS facing, pick up and knit 28 sts around armhole opening.

Knit 1 row.

Bind off.

Rep for other armhole.

Sew underarm seams.

Weave in ends.

Sew button opposite buttonhole. ●

PICK UP & KNIT

This technique is often used to add a border or collar. Because the number of stitches per inch is rarely the same as the number of rows per inch, you will usually pick up approximately 3 stitches for every 4 rows. ***Note:*** *If you are knitting left-handed, you will need to reverse these right-handed instructions.*

Step 1: With right side facing, insert tip of right-hand needle (left-hand needle if working left handed) into space between first and second stitch.

Step 2: Wrap the yarn around the needle and pull the loop through to the front.

Step 3: Repeat Steps 1 and 2 until you have picked up the number of stitches listed in the pattern. ●

Lesson 10
Reading a Pattern

NEW TERMS & ABBREVIATIONS

Ending with a WS row: A wrong-side row should be the last row you work before doing the next step.

***xxx; rep from *:** Do the instructions after the * and before the "rep" once, then repeat the instructions from the * to the "rep" as many times as directed.

Bind off xx sts at beg of row: Bind off that many stitches, then continue to work the remaining stitches in pattern to the end of the row.

Work even: Keep working the pattern stitch you have been doing without increasing or decreasing.

Beg: begin/begins/beginning

Now that you are comfortable with basic knitting techniques, it's time to practice reading a pattern. Pattern instructions use shortcuts and abbreviations. You have learned many abbreviations already. Now you will learn how they are put together in most pattern books.

It's a good idea to read through a pattern before you start knitting. Take a look at the pattern in this lesson, and let's go through each part together.

First, you will see the title of the project, and that instructions are given for more than one size.

Notice how the sizes are written: Girl's 6 (8, 10, 12). This means that the pattern is written for four sizes. Instructions are given for the smallest size first (the one before the parentheses) and for the larger sizes in order within the ( ); so if you are making a size 10, you will pay attention only to the second number inside the ( ). If only one number is given, use that number for all sizes. Before you start your project, use a pencil to circle the numbers for the size you are making throughout the instructions so you don't get lost.

The finished measurements give you the chest measurement and length of the finished garment and help you decide which size you should make. To fit comfortably, the finished garment should be about 3 inches bigger around than your actual chest measurement.

The materials list tells you how much and what kind of yarn you will need for the project and suggests the needle size most likely to achieve the pattern's gauge, as well as anything else you will need, such as buttons.

Next you will see the gauge used in the project. Remember all that you learned about gauge in the last lesson, and be sure to take the time to work a gauge swatch before you start knitting the vest so that you match your gauge to the one in the pattern. Change needle size if necessary.

Some patterns include notes before the knitting instructions; do not skip over this section. For example, the notes for the vest pattern give special instructions for knitters using the left-handed method.

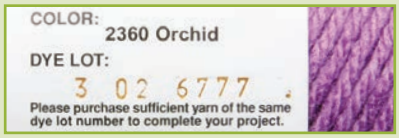
The vest will be made in three separate parts: the back, left front and right front. They refer to each part as you wear it on your body, so the right front is the part that is on your right as you wear it. Each piece is knit separately and then all three are sewn together. Knit each part in the order they are given in the instructions.

There are also subheadings in the instructions that tell you when you are about to do something special, like shape armholes or shape the neck.

You will notice that at the end of some of the rows, there is a note about how many stitches you should have on your needle. When you see these numbers, stop and count the stitches on your needle.

t!p

The yarn label has important information about the yarn name, yarn weight, fiber content, yardage, color, dye lot and washing instructions. When you are picking the colors of yarn for your project, make sure that all of the dye lot numbers on the yarn label are the same.



If you have carefully followed the instructions, that number will match the number in the pattern. If it doesn't, go back and see if you can find where you made a mistake.

The right front is a mirror image of the left front. You will notice they are made the same way, but that the shaping is reversed. Many times patterns for the right front will simply say, "Make same as left front, reversing shaping," but we have written out the instructions for you. If you are knitting using the left-handed method of working from the right-hand needle onto the left-hand needle, the instructions for the right front will result in the left front and vice versa.

Most garment patterns will also include schematics that give all the measurements of the finished pieces. You should refer to them as you knit to ensure that your knitted pieces are coming out to the same measurements.

Hint: It's a good idea when you are making two pieces that are alike, such as a right front and a left front, to actually count the rows when you measure. This will ensure that both sides will be the same size when you finish.

The finishing section gives instructions on how to put the garment together and do anything else that needs to be done to make it ready to wear.

Girl's Vest

Here's a vest you can make and wear yourself. Now you and your favorite doll can match your outfits.

SKILL LEVEL
Easy

SIZES
Girl's 6 (8, 10, 12)
Instructions are given for smallest size, with larger sizes in parentheses. When only 1 number is given, it applies to all sizes.

FINISHED MEASUREMENTS
Chest: 28¼ (30, 32, 34) inches
Length: 13 (15, 16½, 17½) inches

MATERIALS
- Patons Canadiana (worsted weight; 100% acrylic; 205 yds/100g per ball): 2 balls grape jelly #10307
- Size 8 (5mm) straight needles or size needed to obtain gauge
- Blunt tapestry needle
- 5 (½-inch) buttons
- Sewing needle and thread

GAUGE
18 sts and 24 rows = 4 inches/10cm in St st.

To save time, take time to check gauge.

PATTERN NOTE
If using the left-handed method of knitting (working from the right-hand needle onto the left-hand needle), your fronts will be reversed; the instructions below for the right front will make the left front and vice versa. When working the edging, you will be working the right front edging (buttonhole band) immediately following the neck edging and the left front edging (button band) last. Work buttonholes at marked positions on right front edging.

BACK
Cast on 64 (68, 72, 76) sts.

Rows 1 (RS)–6: *K1, p1; rep from * to end of row.

Change to St st (knit 1 row, purl 1 row) and work even until piece measures 7 (8½, 9½, 10) inches, ending with a WS row.

Shape Armholes
Row 1 (RS): Bind off 5 (6, 7, 8) sts, knit to end—59 (62, 65, 68) sts.

Row 2: Bind off 5 (6, 7, 8) sts, purl to end—54 (56, 58, 60) sts.

Row 3: K1, ssk, knit to last 3 sts, k2tog, k1—52 (54, 56, 58) sts.

Row 4: Purl.

Rep [Rows 3 and 4] 3 more times—46 (48, 50, 52) sts.

Work even in St st until armholes measure 6 (6½, 7, 7½) inches.

Bind off.

LEFT FRONT
Cast on 32 (34, 36, 38) sts.

Work same as for back to armholes, ending with a WS row.

Shape Armhole
Row 1 (RS): Bind off 5 (6, 7, 8) sts, knit to end—27 (28, 29, 30) sts.

Row 2: Purl.

Row 3: K1, ssk, knit to end—26 (27, 28, 29) sts.

Rep [Rows 2 and 3] 3 more times—23 (24, 25, 26) sts.

Work even in St st until armhole measures 3½ (4, 4½, 4¾) inches, ending with a RS row.

Shape Neck
Row 1 (WS): Bind off 10 (10, 11, 11) sts, purl to end—13 (14, 14, 15) sts.

Row 2: Knit to last 3 sts, k2tog, k1—12 (13, 13, 14) sts.

Row 3: Purl.

Rep [Rows 2 and 3] once more—11 (12, 12, 13) sts.

Work even in St st until armhole measures same as for back.

Bind off.

RIGHT FRONT

Cast on 32 (34, 36, 38) sts.

Work same as for back to armhole, ending with a RS row.

Shape Armhole

Row 1 (WS): Bind off 5 (6, 7, 8) sts, purl to end—27 (28, 29, 30) sts.

Row 2: Knit to last 3 sts, k2tog, k1—26 (27, 29, 29) sts.

Row 3: Purl.

Rep [Rows 2 and 3] 3 more times—23 (24, 25, 26) sts.

Work even in St st until armhole measures 3½ (4, 4½, 4¾) inches, ending with a WS row.

Shape Neck

Row 1 (RS): Bind off 10 (10, 11, 11) sts, knit to end—13 (14, 14, 15) sts.

Row 2: Purl.

Row 3: K1, ssk, knit to end—12 (13, 13, 14) sts.

Rep [Rows 2 and 3] once more—11 (12, 12, 13) sts.

Work even in St st until armhole measures same as for back.

Bind off.

FINISHING

Matching front and back shoulders at armhole edge, sew both shoulder seams, leaving the 24 (24, 26, 26) sts at center back for back neck opening.

Armhole Edging

With RS facing, beginning at underarm bind-off, pick up and knit 65 (70, 75, 80) sts around armhole opening.

Knit 1 row.

Bind off.

Rep for other armhole.

Sew side seams.

Neck & Left Front Edging

With RS facing, beginning at right front neck, pick up and knit 62 (62, 68, 68) sts around neck edge.

Knit 1 row.

Bind off, leaving last st on needle.

Continuing down left front edge, pick up and knit 51 (59, 66, 69) more sts to lower left front corner—52 (60, 67, 70) sts.

Knit 3 rows.

Bind off.

Right Front Edging

Place 5 markers or small scraps of yarn evenly spaced along right front edge for buttonholes, putting the top marker ½ inch down from neck edge, the bottom marker ¾ inch from lower edge, and the remaining 3 markers evenly spaced between the top and bottom markers.

With RS facing, beginning at lower right front corner, pick up and knit 52 (60, 67, 70) sts along right front edge.

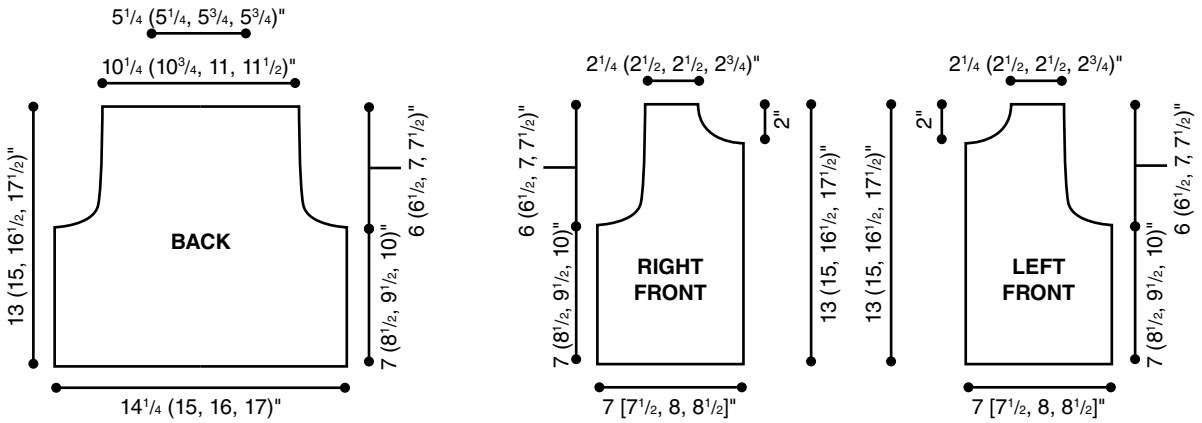
Buttonhole row (WS): K2, yo, k2tog, *knit to next marker, yo, k2tog; rep from * 3 times, knit to end.

Knit 2 rows.

Bind off.

Weave in ends.

Using sewing needle and thread, sew buttons on left front band opposite buttonholes.



Lesson 11
Knitting in the Round on a Circular Needle

NEW TERMS & ABBREVIATIONS

Place marker (pm): Place a stitch marker on the needle to mark certain points in your knitting, such as the beginning of a round or the beginning or end of a stitch pattern.

Round (rnd): the circular equivalent of a "row"

Working end: the end of the yarn that is attached to the ball

You've been knitting things back and forth on straight needles, turning at the end of every row. How would you like to just knit, round and round, without turning at all, and then have no seams to sew up when you are finished knitting?

You can! By knitting circularly, you can make tubes of knitted fabric in any size. Hats, socks, mittens and sweaters can all be made this way.

To knit on circular needles:

RIGHT-HAND INSTRUCTIONS

Step 1: Cast the desired number of stitches onto a circular needle just as you would onto a straight needle. Start practicing with a 16-inch circular needle. You need to have enough stitches to go around the needle.

Step 2: For the first row, knit all the stitches across. Working this row allows you to see the stitches better and allows the right side of the cast-on to be on the right side of the fabric. When you have finished your tube, you can use the yarn tail to sew the beginning of the round to the end of the round.

Step 3: Spread the stitches evenly across the needle, and make sure they are not twisted.

Step 4: Hold the needle so the working end of yarn is on the right-hand tip of the needle and the first stitch of the last row is on the left-hand tip of the needle.

Step 5: Place a stitch marker on the right-hand needle. The marker is between the first and last cast-on stitches and marks the beginning of a round of knitting. A stitch marker can be a loop of yarn in a contrasting color or a purchased plastic stitch marker.

Step 6: Using the working end, knit the first stitch on the left-hand needle. This is the first stitch of the next round.

When a pattern says "mark beginning (beg) of rnd and join, being careful not to twist the sts," it is telling you to work Steps 3-6.

Step 7: Keep knitting all the stitches, sliding them along the needle as you work them from the left-hand tip to the right-hand tip.

Step 8: When you reach the stitch marker, slip it to the right-hand needle, then keep knitting.

Step 9: Keep knitting round and round until your tube is as long as you need.

LEFT-HAND INSTRUCTIONS

Step 1: Cast the desired number of stitches onto a circular needle just as you would onto a straight needle. Start practicing with a 16-inch circular needle. You need to have enough stitches to go around the needle.

Step 2: For the first row, knit all the stitches across. Working this row allows you to see the stitches better and allows the right side of the cast-on to be on the right side of the fabric. When you have finished your tube, you can use the yarn tail to sew the beginning of the round to the end of the round.

Step 3: Spread the stitches evenly across the needle, and make sure they are not twisted.

Step 4: Hold the needle so the working end of yarn is on the left-hand tip of the needle and the first stitch of the last row is on the right-hand tip of the needle.

Step 5: Place a stitch marker on the left-hand needle. The marker is between the first and last cast-on stitches and marks the beginning of a round of knitting. A stitch marker can be a loop of yarn in a contrasting color or a purchased plastic stitch marker.

Step 6: Using the working end, knit the first stitch on the right-hand needle. This is the first stitch of the next round.

When a pattern says "mark beginning (beg) of rnd and join, being careful not to twist the sts," it is telling you to work Steps 3-6.

Step 7: Keep knitting all the stitches, sliding them along the needle as you work them from the right-hand tip to the left-hand tip.

Step 8: When you reach the stitch marker, slip it to the left-hand needle, then keep knitting.

Step 9: Keep knitting round and round until your tube is as long as you need.

Cowl

SKILL LEVEL
Easy

FINISHED MEASUREMENTS
Circumference: 25 inches
Length: 5 inches

MATERIALS
- Premier Yarns Deborah Norville Everyday Soft Worsted (worsted weight; 100% acrylic; 203 yds/4 oz per ball): 1 ball each kiwi #16 (A), azure #17 (B) and bittersweet #22 (C)
- Size 8 (5mm) 16-inch circular needle or size needed to obtain gauge

GAUGE
16 sts and 22 rnds = 4 inches/10cm in St st.

To save time, take time to check gauge.

INSTRUCTIONS
With A, cast on 100 sts, leaving a 6-inch tail.

Purl 1 row.

Mark beg of rnd and join, being careful not to twist the sts.

[Knit 1 rnd, purl 1 rnd] 3 times.

Cut A, leaving a 6-inch tail.

Change to B.

Knit 6 rnds.

Cut B, leaving a 6-inch tail.

Change to C.

[Knit 1 rnd, purl 1 rnd] 4 times.

Cut C.

Change to A.

Knit 6 rnds.

Cut A.

Change to B.

[Knit 1 rnd, purl 1 rnd] 4 times.

Bind off.

Use tail to sew the beg of the first row to the end of the first row to make the cast-on edge smooth.

Weave in ends. ●

Lesson 12
Knitting in the Round on Double-Point Needles

NEW TERMS & ABBREVIATIONS
Dpn(s): double-point needle(s)

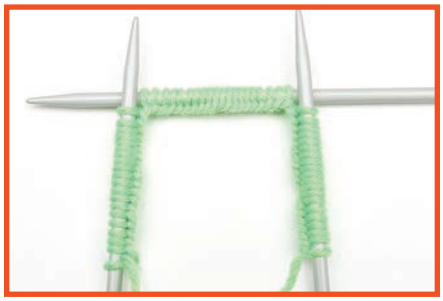
Sometimes you want to knit a seamless tube that is smaller than you can fit on a circular needle. That's when you need double-point needles. Sleeves, socks and mittens are usually knit in the round on double-point needles, as are the tops on hats.

Double-point needles are short needles with points on both ends. They are used in sets of four or five.

To knit with four double-point needles:

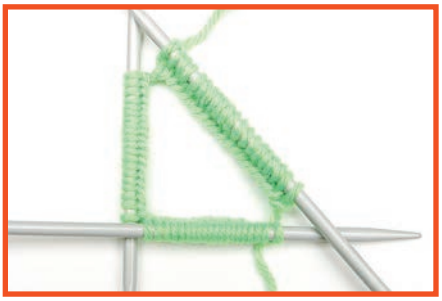
Step 1: Cast all the stitches onto one needle.

Step 2: Slide one third of the stitches onto each of two other needles.



Step 3: Make sure the stitches are straight across all the needles; then fold the two end needles around so the last cast-on stitch and the first cast-on stitch are next to each other, with the working end on the right (with the working end on the left for left-handed knitters).

Step 4: Insert the tip of the fourth needle into the first cast-on stitch. Use the working end of yarn to knit all the stitches across this needle.



Step 5: Now use the needle that just became free to knit all the stitches across the next needle.

Step 6: Keep knitting around, using the free needle to knit stitches across the next needle in line.

Although it looks tricky because there are so many needles, it's not hard at all. You are only knitting from one needle to another just as you have been doing all along! ●

Hat

You can start this hat on circular needles, then as you decrease to shape the top, change to double-point needles. If you prefer, you can knit the entire hat on double-points.

SKILL LEVEL
Easy

FINISHED MEASUREMENTS
Circumference: 20½ inches
Height: Approximately 6 inches with rolled brim

MATERIALS
- Red Heart Soft Yarn (worsted weight; 100% acrylic; 256 yds/5 oz per ball): 1 ball each lilac #9528 (MC) and grape #3729 (CC)
- Size 8 (5mm) 16-inch circular and double-point needles (set of 4) or size needed to obtain gauge
- Stitch marker
- Blunt tapestry needle

GAUGE
18 sts and 24 rnds = 4 inches/10cm in St st.

To save time, take time to check gauge.

PATTERN NOTE
After finishing a stripe, cut old yarn and join new yarn.

INSTRUCTIONS
With circular needle and MC, cast on 92 sts; mark beg of rnd and join, being careful not to twist the sts.

Knit 12 rnds.

*Change to CC and knit 1 rnd.

Purl 4 rnds.

Change to MC and knit 4 rnds.

Rep from * once more.

Continuing in MC, knit every rnd until piece measures 7 inches.

Shape Crown

Rnd 1: With first dpn, *k2, k2tog; rep from * 6 times. With 2nd dpn, *k2, k2tog; rep from * 7 times. With 3rd dpn, *k2, k2tog; rep from * 7 times—69 sts, with 21 sts on first dpn and 24 sts on both 2nd and 3rd dpns.

The circular needle is no longer needed.

Rnd 2: Knit.

Rnd 3: *K1, k2tog; rep from * around—46 sts with 14 sts on first dpn and 18 sts on both 2nd and 3rd dpns.

Rnd 4: Knit.

Rnd 5: *K2tog; rep from * around—23 sts.

Rnd 6: *K2tog; rep from * to last st, k1—12 sts.

Note: *You will have to knit the last st on the first dpn and the first st on the 2nd dpn tog.*

Cut yarn, leaving an 8-inch tail.

Thread tail through tapestry needle. Insert needle through sts on dpns and pull tail through, slipping sts off dpns.

Pull yarn tight to gather top of hat together.

Weave in ends on WS.

Suppliers

Premier Yarns
284 Ann St.
Concord, NC 28025
(888) 458-3588
www.premieryarns.com

Red Heart Yarns
Consumer Services
P.O. Box 12229
Greenville, SC 29612-0229
(800) 648-1479

Spinrite Inc.
Patons
320 Livingstone Ave. S.
Box 40
Listowel, ON
N4W 3H3 Canada
(800) 351-8357
www.caron.com

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